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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES,
COOPERATING.

STATES RELATIONS SERVICE,
OFFICE OF EXTENSION WORK, SOUTH,
WASHINGTON, D. C.

SEWING FOR GIRLS' CLUB WORK.

UNIFORMS AND EQUIPMENT FOR VARIOUS CLUB ACTIVITIES IN A FOUR YEARS' PROGRAM.

THE making of the articles in this circular serve to teach the girls something about sewing and to arouse their pride and interest in all of their club work. The gardening set may be made very early in the spring before there is a rush of outdoor work and the uniforms before the busy canning season begins. The other pieces are suggested with reference to the progressive interest and needs from year to year. Each year's problems are a little more difficult than the year before and require greater skill. If the privilege of wearing the emblems is won by a year's satisfactory club work it enhances their value to the girls.

GARDENING SET.

This set is attractive and useful equipment for the garden. The kneeling pad and tool apron protect the clothing and make transplanting more easily done. Small plants are conveniently carried in the pockets of the pad and the tools in the pockets of the apron. These outfits should be attractively made, and, if possible, uniform throughout the county.

GARDEN KNEELING PAD.

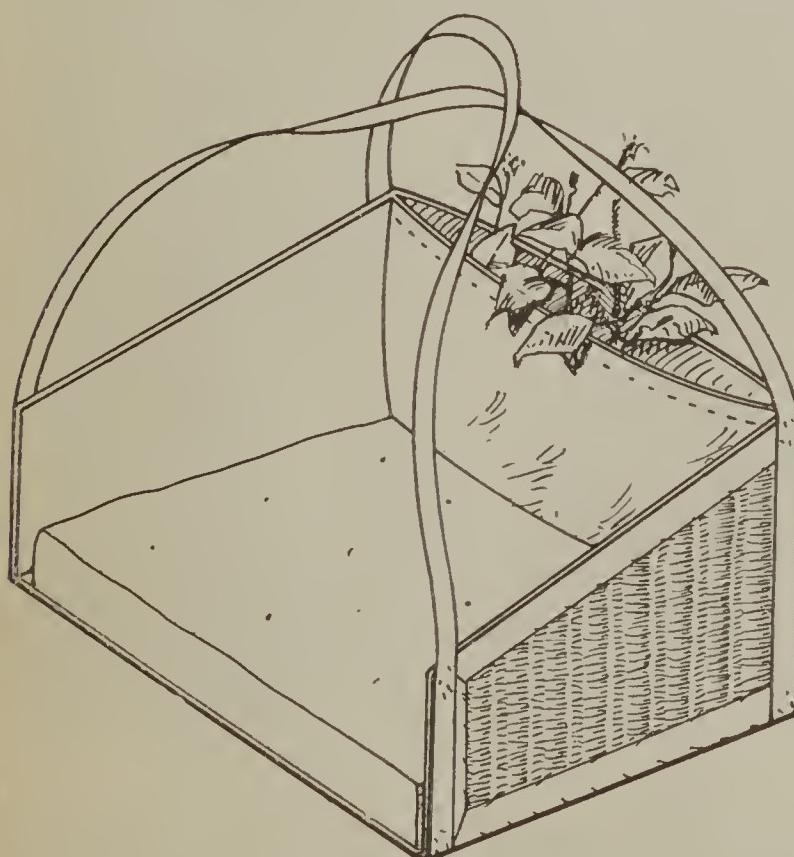


FIG. 1.—Garden kneeling pad.

This pad (fig. 1) may be made of matting, burlap, denim, oil-cloth, heavy canvas, or even an old rug or piece of carpet. Matting lined with brown denim is very suitable material, because this color does not show soil easily. The matting lined with brown denim and bound with red tape makes an attractive color combination. If cloth without the matting is used, it will be necessary to cut the pattern double and place a heavy cardboard between the outside and the lining, in order to hold the shape when finished. Cotton

tape is used for binding the edges together and for the handles. An oblong piece of black oilcloth sewed on the underside of the bottom will protect the pad and keep the cushion dry.

Material.—One-half yard of matting, one yard of denim, one roll of 1-inch tape, and one oblong of black oilcloth will be sufficient to make this pad.

Directions for cutting and making pad.—Cut a paper pattern by the measurements given in figure 2. The oblong may be made larger or smaller as desired. When such changes are made, however, the side ends which fold around should be made long or short enough to just meet the back corners of the square. Cut the lining first and pin it to the matting. The two edges should be bound with the cotton tape at once to keep the matting from raveling.

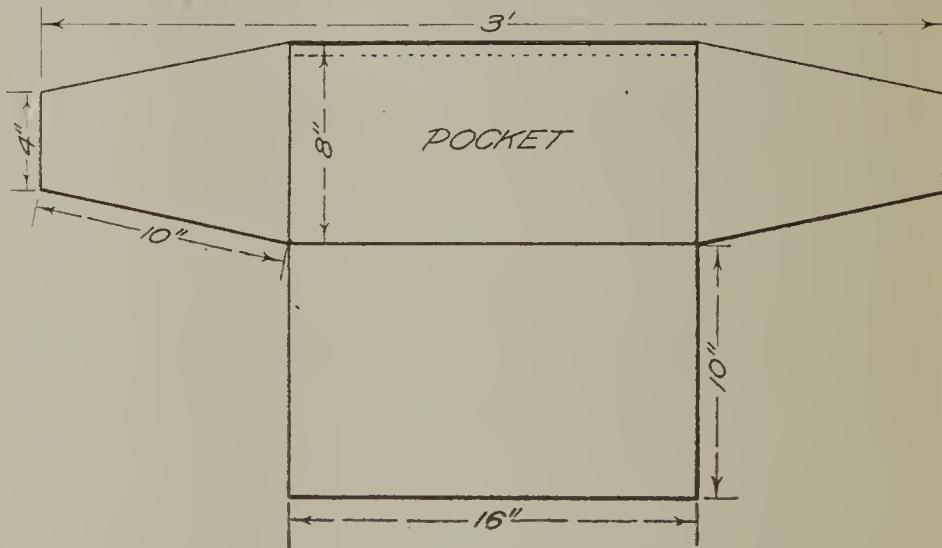


FIG. 2.—Pattern for making garden kneeling pad.

Pocket.—Cut a strip 15 by 9 inches for the pocket. Place a 1-inch hem at the top, and sew the bottom of the pocket along the dotted line on the inside of the front of the frame before the sides are folded around and fastened to the sides of the bottom. Run a rubber band through the hem to hold the top edge straight across but do not stretch the rubber. Stitch the sides of the pocket to the inside of the front and the pocket will be finished.

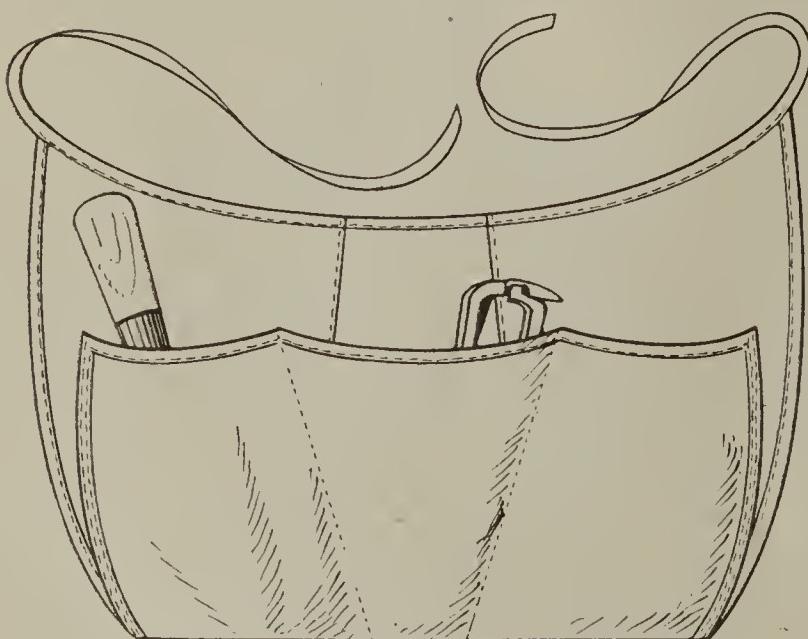


FIG. 3.—Apron for tools.

bottom, then fold each side to meet the sides of the bottom and sew them together.

Handle.—Fasten the ends of one piece of tape, 40 inches long, to the back corners of the frame, also sew ends of another piece of tape the same length to the lower front corners of the frame, fasten the latter also to the

inside of the front of the frame before the sides are folded around and fastened to the sides of the bottom. Run a rubber band through the hem to hold the top edge straight across but do not stretch the rubber. Stitch the sides of the pocket to the inside of the front and the pocket will be finished.

Bottom.—Cut an oblong of black oilcloth for the bottom and sew it securely around the edge of the underside of the

top of the front. Bring these loose loops together and fasten. This handle, when not in use, will drop inside the pad.

Pad.—Make a cushion of the lining to fit flat on the inside of this frame and stuff it with cotton, or cover a thick piece of felt with the same material. This cushion should be fastened to the bottom of the kneeling pad.

APRON FOR TOOLS. (Fig. 3.)

Material.—One-half yard of cloth and three yards of tape for binding is sufficient material for this garment.

Directions for cutting and making apron.—Cut a pattern by dimensions given in figure 4. Bind the edges with tape. Use one piece, 60 inches long, for binding sides and bottom of apron. To fit the apron cut it out a little across the top, allowing center of the top to be curved downward about 2 inches lower than the top of the sides. Place a half-inch dart 2 inches from the center on each side of the top. Taper these darts to a point 4 inches above the bottom of the pocket and stitch them in place. Hem the ends of a piece of tape 36 inches long and bind the top of the apron, leaving an even length on each side for tying strings. Fold the pattern on the dotted line and stitch to form the pockets. The center pocket stitched in V-shape will leave a slanting pocket on each side. The handles of the tools carried in these pockets will slope back under the arms, and will not interfere with the motion of the arms when at work. This arrangement will be found much more convenient than straight pockets.

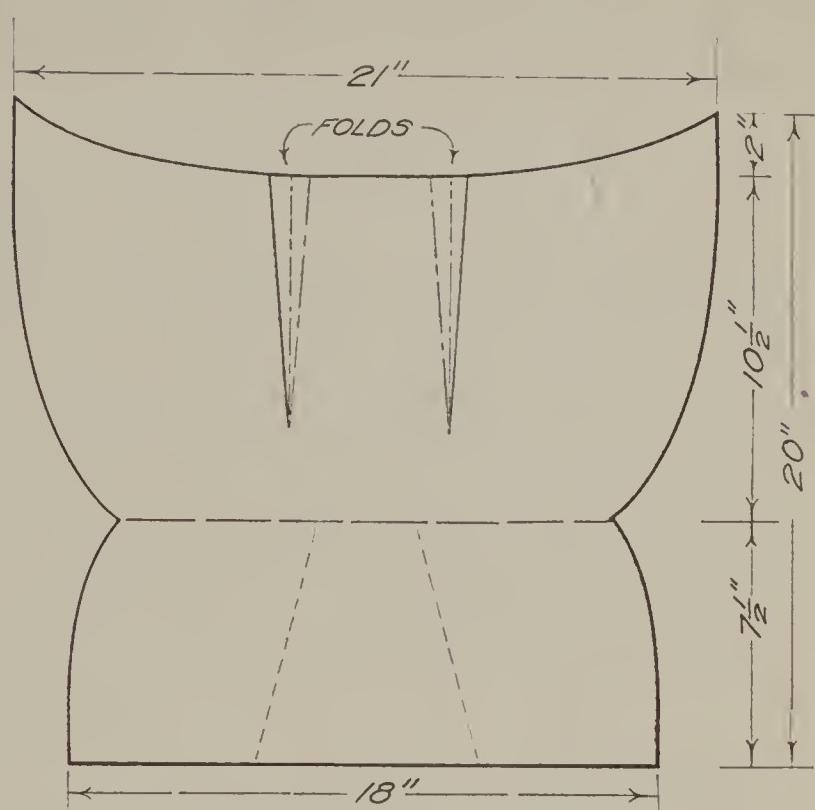


FIG. 4.—Pattern for making apron for tools.



FIG. 5.—The garden kneeling pad in use.

A broad-brimmed sun hat lined with the same color used for the apron and lining of the pad, with a band of the same colored tape which was used for binding, will complete a very attractive garden outfit for both the girls and women (fig. 5).

AMOUNT OF MATERIAL TO BUY.

The things to be taken into consideration in determining how much material to buy are: The amount needed for each article, the number of articles to be made, and the width of the material. In making flat articles, like towels and holders, the problem is quite simple; for instance, it is obvious that the amount of yard-wide material necessary to make six holders, each of which requires a piece 13 by 18 inches, is three times 13 inches, or 39 inches. If the holders are cut the other way of the goods, one yard of 40-inch material would be sufficient.

HOLDERS.

The purpose of the holder is to protect the hands when lifting hot dishes. Heat passes very easily through certain materials, the metals for instance, and with difficulty through others. The former are known as good conductors of heat, and the latter as poor conductors of heat. Air is one of the very poor conductors and the effectiveness of many poorly conducting substances is due to the presence of much air in the meshes or between the particles of the material. The meshes must be small and the particles close together, however, so that currents of air do not pass through, for air in motion would carry the heat.

The holder, like the packing of the fireless cooker, must be made of material through which heat passes with difficulty. Most holders are made of cloth, and since loosely woven or knitted cloth entangles more air than does tight, smooth material, stockinet and similar fabrics are often employed. In addition, holders are usually made of several layers of cloth, the air spaces between adding greatly to their effectiveness. It is best not to have the holder fastened to one's belt. It is suggested that holders might be very easily rendered fireproof by simply dipping them into a solution of certain chemicals and drying them. Common ones which can be purchased at drug stores are ammonium phosphate and ammonium chlorid. Asbestos paper is sometimes employed in holders, but is rather stiff and clumsy.

The holder recommended for use in club work consists of six layers of cotton cloth, and since the cloth is not especially porous, the insulating power of the holder depends largely upon the five air spaces between the layers. One reason for choosing this material was that its smooth surface rendered it less liable to catch fire than stockinet, cotton flannel, or other

soft, fuzzy material. The holder has the further advantages of being easy to make, easy to launder, and flexible.

TO MAKE THE HOLDERS.

Material.—For each holder, a piece of cotton cloth—unbleached muslin or a cleaned flour sack—13 by 18 inches.

1. Fold down $\frac{1}{2}$ inch along each long side and across one end, creasing firmly.
2. Fold the whole piece of cloth in halves, lengthwise, and pin the edges together. You now have a double piece of cloth $17\frac{1}{2}$ inches long and 6 inches wide.
3. Fold this over twice, so that you have a square about 6 inches on a side.
4. Baste it neatly around the edge, and take a few long stitches in the center to hold the layers together.
5. Sew diagonally from each corner to the opposite one, using the running stitch, or machine stitching.
6. Finish around the edge with machine stitching, or the blanket stitch.
7. Pull out the basting threads.
8. Sew a loop of tape on the corner.

TO MAKE THE LOOP OF TAPE.

Material.—A piece of $\frac{1}{4}$ -inch cotton tape 5 inches long.

1. Place the ends of the tape together and overhand the sides for $\frac{3}{4}$ inch from the end.
2. Spread the loop so that it lies flat.
3. Baste the tape on one corner of the holder, having the raw ends underneath and the stitched edge of the tape exactly on a diagonal of the holder. About an inch and a half of the loop should project beyond the holder.
4. Sew the tape to the holder, beginning at the right-hand side of the tape, where it crosses the edge of the holder, and hemming down this side across the bottom and up the other side. Fasten the thread firmly.

Separate envelope covers may be made for these holders and these can be easily removed and laundered. This cover makes it easier to always have a clean holder.

TOWELS AND DISHCLOTHS.

Obviously, the chief requisite of towel material is that it shall absorb water quickly and easily. Other desirable characteristics are freedom from lint, quickness in drying, and low cost.

Cotton and linen are two of the common textiles. While cotton and linen are able to absorb about the same amounts of water, cotton absorbs

it more slowly than does linen; the reason for this is the presence of a slight coating of wax upon the cotton fibers, which repels water. This wax occurs naturally upon the fiber and is not completely removed in the ordinary processes of manufacture. The so-called absorbent cotton employed for medical purposes has undergone a special treatment for the removal of the wax. Cotton fabrics, in general, gradually become more quickly absorbent as the wax wears off in use and washing. At their best, however, they are less satisfactory than linen. Cotton and linen differ also in the rapidity with which they dry. Linen dries the more quickly of the two. Owing to its longer fibers, linen is less liable than cotton to leave lint upon the dishes.

The price of linen, which is usually higher than that of cotton, is sometimes mentioned as an argument against its use, but it should be remembered that coarse linens, such as are used for towels, are not expensive, and that while they may cost more than cotton toweling of equal weight, they have advantages which often justify their price.

Hand towels and dish towels are necessary in cooking. A small hand towel fastened to the belt is most convenient. A carefully bleached clean flour sack, domestic or regular toweling may be used.

TO MAKE THE TOWELS.

Materials.—For each dish towel, 1 yard of toweling. For each hand towel, $\frac{1}{2}$ yard of toweling; 4 inches of tape, $\frac{1}{4}$ inch wide.

1. Straighten the ends of the towel by cutting by a thread.
2. Make a $\frac{1}{4}$ -inch hem at each end and, if necessary, down the sides.
3. Sew a loop of tape (see directions under "holder") on the corner of the hand towel, having the part of the loop which projects beyond the towel 1 inch long. This can be slipped over the button at the belt of the apron.

DISHCLOTHS.

These may be made of any clean pieces of white material. The good parts of worn towels, etc., may be cut out and hemmed for the purpose. Good dishcloths are made of two or three thicknesses of coarse, sleazy cheesecloth. They may be folded like the holder and stitched with the running stitch diagonally across the center. Ten inches square is a convenient size for the finished dishcloth.

UNIFORM—CANNING CLUB APRON AND CAP.

The garments selected for the club uniform were chosen because they cover the dress and hair well, are easy to make and to launder, and are inexpensive and pleasing.

This uniform is worn by the girls in public demonstrations and meetings, and is therefore made as attractive as possible. White materials

are preferred in order that the uniforms of all the girls in a county may be alike. To embroider the emblems on the cap brim and apron strap will enhance their value and give opportunity for teaching some simple embroidery. The privilege of wearing these emblems is won by girls who have given their county agent a satisfactory report for complete first year's club work.

APRON. (Fig. 6.)

Material.—Light-weight white percale or any other medium-weight white material will do. About 3 yards of 36-inch material will be needed.

Cutting.—Cut the apron by a gored pattern, having front panel twice as wide as each side. It should give protection to the entire dress. Cut the belt and shoulder straps double; they should be 2 inches wide when finished. Cut a bib $7\frac{1}{2}$ inches long, 6 inches wide at top, and 4 inches wide at belt. Cut pockets like the pattern given.

Making.—Face the curved opening of each pocket and stitch on the edge and $\frac{1}{8}$ inch within. Baste the pockets on the front gore so that the short side edge will be sewed in with the side seam and the top edge will reach the top of the belt. Fold under the opposite edge of each pocket $\frac{1}{8}$ inch and stitch it on the front gore, using two rows of stitching $\frac{1}{8}$ inch apart. Sew the shoulder straps to the top of the pockets, leaving the outer edges of the two loose from the belt and giving the effect of the pocket and strap being cut in one piece. Let the belt pass under this strap. Fasten the belt with button and buttonhole. Let the strap cross in the back and fasten to belt in the same manner, having the buttonhole in the belt and button on strap so that the length of the strap may be changed when necessary. French seams may be used on the skirt. The hem at the bottom should be 2 inches wide. Place the emblem on the left strap (with the lower line at the top of the bib).

NOTE.—Aprons for the younger girls may have a gathered skirt, omitting the pockets. For them the cap, both crown and brim, may be cut smaller.

CAP. (Fig. 7.)

Material.—Let the brim be white, made of plain lawn of medium weight or, better still, of light-weight linen. Make the crown of thinner material, like dotted Swiss. It will take a piece 18 inches long and 16 inches wide for the crown and two pieces 10 inches long and 22 inches wide for the brim. The brim is rolled back half its width when finished and, in order to hold its shape when starched, is made double.

Cutting.—Cut the brim, laying the front end of the pattern on fold of goods so that the only seam is at the back. Two such pieces are needed for each brim. The inside edge of brim should be the size of the head. Cut an oval piece for the crown 16 inches in diameter from side to side and 18 inches in diameter from back to front.

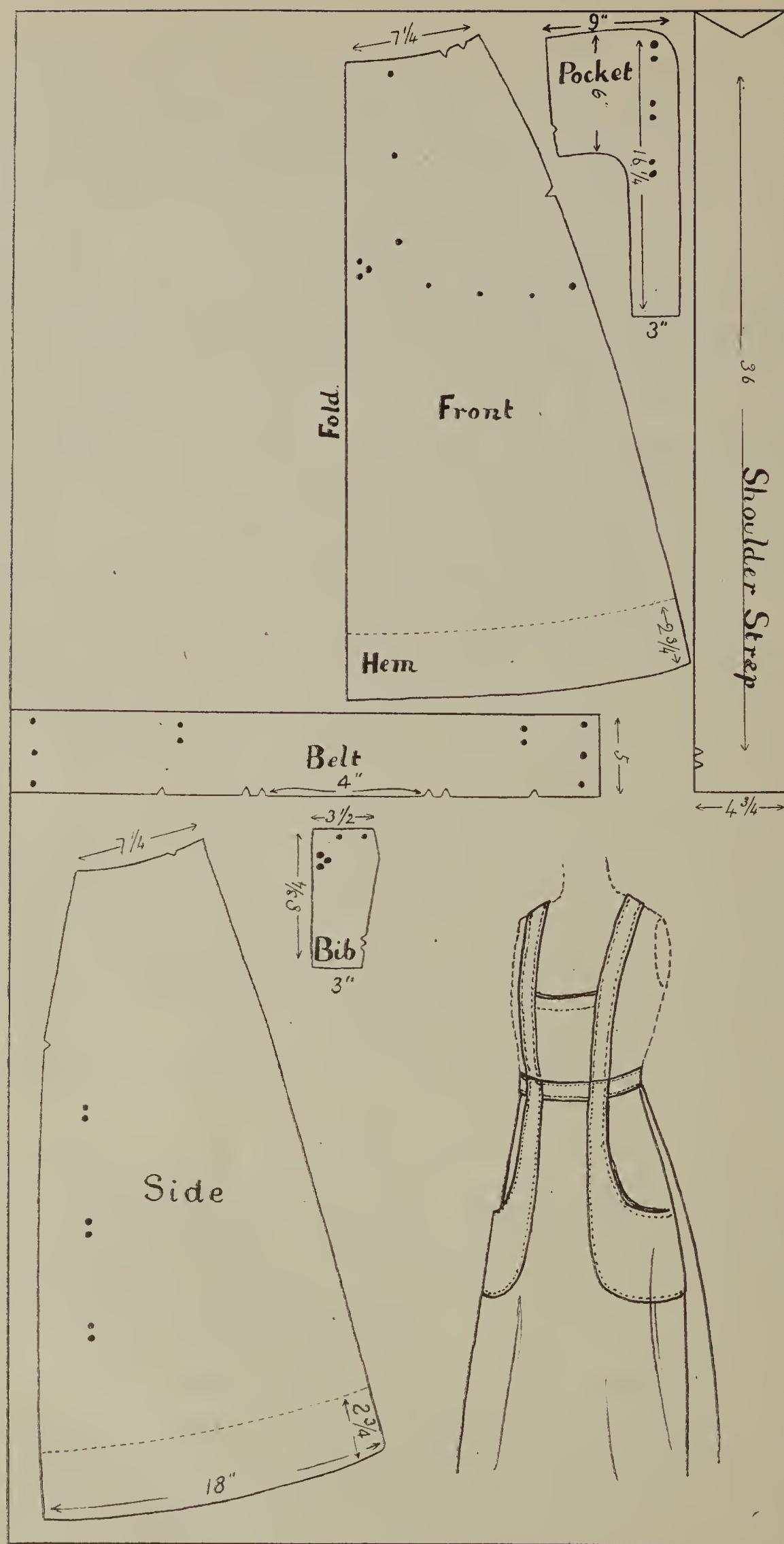


FIG. 6.—The apron pattern.

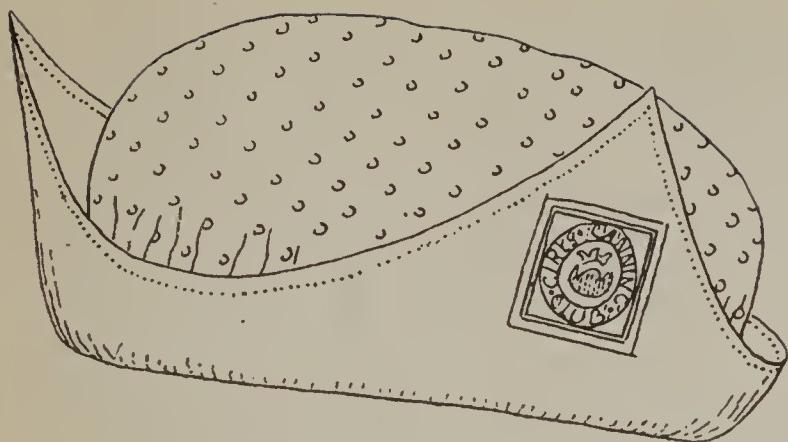


FIG. 7.—Uniform canning club cap.

Place outside edge of crown against inside edge of brim. Baste these two edges together, allowing a few more gathers at front and back than at sides. Turn the folded outside edge of brim over these two raw edges and baste carefully. Stitch $\frac{1}{8}$ inch from edge so as to hold securely. Place the emblem on the left point.

The designs for these emblems were made for the canning club girls of the South by the art department of Sophie Newcomb College, New Orleans, La.

Material.—The emblems should be embroidered on squares of linen. Select a coarse-thread linen, cutting the piece for the cap emblem $3\frac{1}{2}$ inches square and the piece for the apron emblem 3 inches square, to be appliqued to the brim and shoulder strap when finished. Use a mercerized stranded floss in two shades of blue and one shade of red. About 5 yards of darker blue, 4 yards of lighter blue, and 1 yard of red are enough to embroider one set of emblems.

Cap emblem (fig. 8).—Use outline stitch for making the square, circles, and letters in a medium shade of dull blue; make the periods of French knots. Then fill in the space between the circles with rows of running or seed stitches in lighter blue. To make these effective, let the needle pass over two or three threads, then under the same number and repeat. In returning let the needle pass under the threads over which it passed before. The effect is similar to darning. These stitches should cross the design horizontally. This will make the letters stand out more plainly. Outline

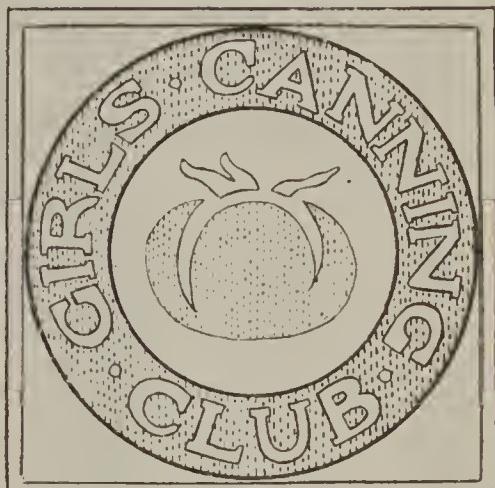


FIG. 8.—Emblem for the cap.

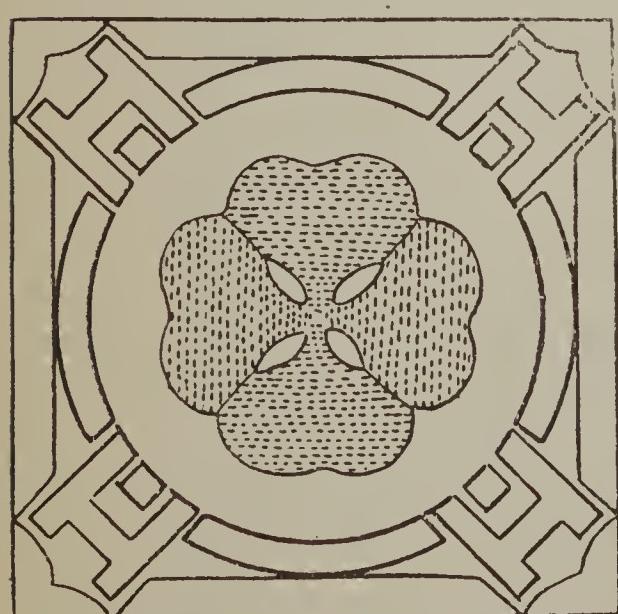


FIG. 9.—Emblem for apron.

the tomato in red. Fill in the solid part with the same seed stitch in red, letting the stitches take the same direction as those within the circle. The design embroidered in this way will be flat and for this reason can be easily laundered. It is more beautiful also than it would be if the attempt were made to pad the design and work it solid. If desired, the tomato stem and clover leaf may be worked in green,

Apron design (fig. 9).—Outline the square, four H's, circle, and clover leaf in the way described in the cap design, using a darker shade of blue. Fill in the inside clover leaf with the running seed stitch in lighter blue or green.

SEWING SCREEN.

One of the most convenient devices for keeping all sewing equipment in place is a sewing screen (figs. 10 and 11). It consists of two panels (28 inches

high and $13\frac{1}{2}$ inches wide made of 1 by 2-inch plank) folded together and each panel covered with burlap. The pockets are fastened to the bottom of each panel on the inside, and hooks are placed on the bottom of the cross piece to hold the necessary equipment. Pegs or nails driven into the top of one of the cross pieces will hold the spools. The drop shelf makes a good work table, and the groove in the top of the cross pieces will hold buttons. This folding sewing screen is light in weight, requires little space, and can be easily carried to the porch or lawn for sewing work.

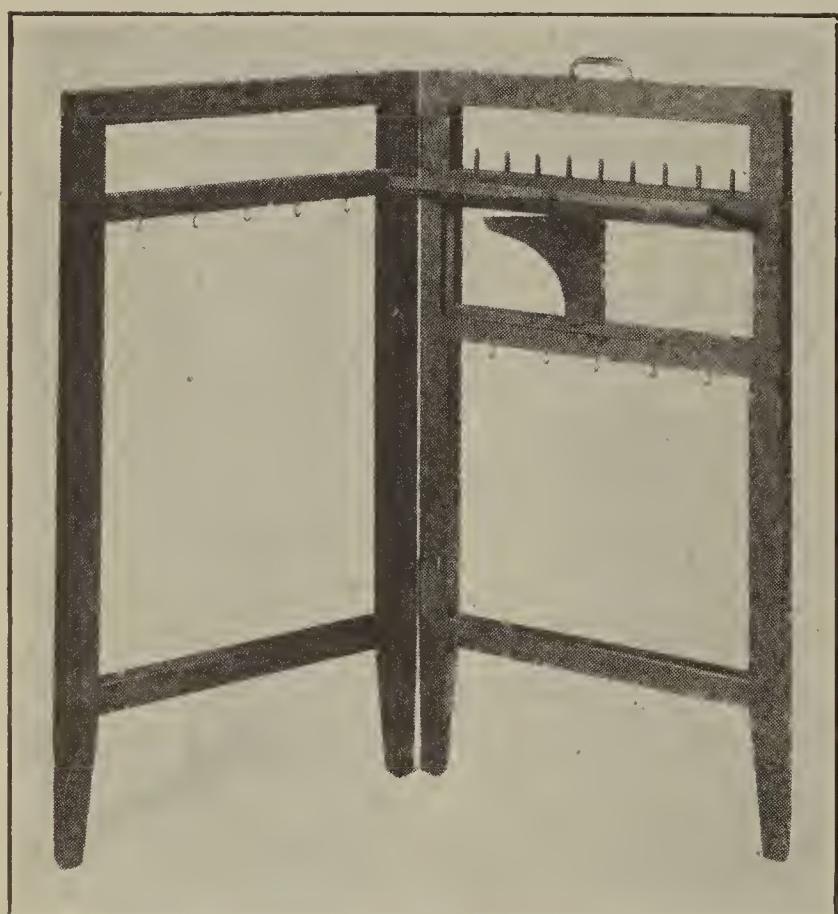


FIG. 10.—Sewing screen showing frame before completion.

The following supplies are convenient to have at hand in the screen before beginning to sew:

Needles of good make and assorted sizes. Sizes 7, 8, 9, and 10 are most used.

Thread, also of good make and assorted sizes. A spool each of Nos. 50, 70, and 100, and basting thread should be on hand.

A plain, substantial thimble. Celluloid or aluminum makes a good, inexpensive thimble; a brass one is not desirable, because it may stain your thimble-finger if it gets moist with perspiration, and may poison you if there is a sore place on your finger underneath it.

A pair of sharp shears, with blades about 5 inches long, for cutting cloth.

A pair of small, sharp scissors with good points, for cutting threads, removing bastings, etc.

An abundance of medium-sized, sharp-pointed pins. Fine pins are easier to use than coarse ones.

A small pin cushion.

A tape measure.

A few pieces of cardboard to use as gauges.

A pencil.

An emery bag for polishing needles and smoothing them when they become sticky.

MATERIALS FOR BUILDING SCREENS.

10 feet of lumber $1\frac{1}{2}$ by $1\frac{1}{2}$ inches.

6 $1\frac{1}{2}$ -inch (butt) hinges with screws to be used in joining the panels and fastening the drop shelf to the cross pieces.

1 handle with screws for the top of screen.

1 hook and eye to fasten the panels when they are folded and closed.

Two yards of burlap, denim, or canvas, 18 inches wide.

1 dozen brass cup hooks.

1 yard creton for pockets.

1 yard $\frac{1}{2}$ -inch elastic for top of pockets.

4 dozen upholstering tacks for tacking on burlap.

Sandpaper and stain.

Selecting colors.—Care should be taken in selecting good colors in both materials for pickets and outside covering. The colors in the cloth should harmonize with the color of the stain used for the wood.

Oftentimes very good dyes and wood stains can be made from nut hulls, roots, berries, and bark of trees. The cloth, not being the same texture, will take the dye in a little different shade of the same color than the woodwork if the identical barks or shells are used for making the stain for the frame.

Wood stain.—To make a good brown stain for the frame cover 3 pints

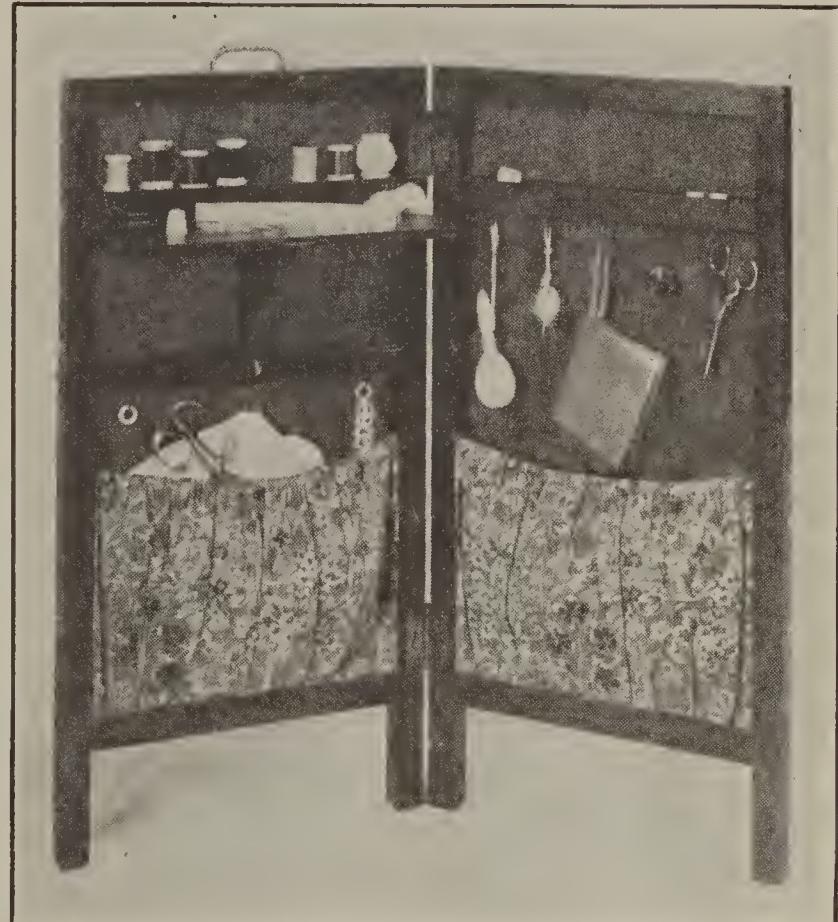


FIG. 11.—Sewing screen showing complete construction.

of bruised green walnut hulls with 3 pints of water and allow to stand for 12 hours. Strain through a double cheesecloth and add 1 ounce of permanganate of potash. This stain may be made in larger quantities and used for floor stain. It gives a rich brown floor finish. If a semi-waxy appearance is desired, 1 quart of paraffin oil can be added. This is on the market and can be purchased at a reasonable price.

The darker shades of color will vary according to the amount of dye-stuff used and the length of time the material is soaked or heated in it.

Colors that harmonize.—

Gray with purple, red, blue, brown, or yellow.

Yellow with black, purple, blue, or green.

Red with black, blue, gray, or green.

Lavender with green or white.

Old rose with all blues.

Brown with blue, mauve, or gray.

Heliotrope with cream.

Green with brown.

HOW TO USE COMMERCIAL PATTERNS.¹

1. In buying a pattern, be sure that its size is right. Patterns may be bought by age or by measure. If you are of normal size for your years, buy a pattern by age; if you think you may vary from the size, take your measure and buy a pattern that corresponds to it. Waist patterns are numbered according to bust measure; skirt patterns are numbered by both hip and waist measure. It is better to buy a skirt pattern of the correct hip size, as it is easier to make slight changes in it around the waist than to alter it on the hips.

2. Before opening the pattern, read the directions carefully and thoroughly.

3. Open the pattern and study the separate pieces. A guide chart is usually printed on the envelope, and will show you the purpose of the various pieces. Only half the pattern is given, in most cases, as the two sides of a garment are generally alike. Put back into the envelope any pieces which are not to be used at once.

4. If the pattern is not your exact size, alter it as follows:

(a) To lengthen a waist or skirt: Cut straight across each of the pieces that are too short, having the cuts exactly perpendicular to the line of dots which marks the lengthwise line of the goods. Insert a piece of paper as wide as you wish the pattern to be made longer; or, when cutting out the garment, lay the two cut parts of the pattern of the goods so that they are separated by a distance equal to the desired increase in length. When lengthening a skirt pattern, the pieces should be slashed about two-

¹ Instruction for use of commercial patterns was contributed by Miss Anna H. Whittlesey, Scientific Assistant, Department of Home Economics.

thirds of the distance from the top. In a waist make the cut about three inches above the waist line. In either case, make sure that the insert is the same width throughout.

To increase the width of a piece slash it lengthwise and separate the pieces in the same way as in lengthening.

Another way of making a garment longer or broader than the pattern is to pin a pleat evenly in the goods, lay the pattern over it, and cut.

(b) To shorten a pattern or make it smaller, take a pleat in it in the same position as suggested for the slashes.

5. Spread the material out on a flat surface and arrange every piece of the pattern on it before beginning to cut. As many of the pieces are to be cut in duplicate, one can often fold the material, lay the pattern on it, and cut out the two pieces at once. In cutting the back of a waist or the front gore (and sometimes the back gore) of a skirt, fold the material lengthwise, lay the straight edge of the pattern along the fold, and cut around the pattern except on this straight edge. Pieces to be cut in this way on a lengthwise fold are marked on the pattern with crosses, or in some other manner.

Sometimes the guide chart indicates how to arrange the pattern on the goods so that there will be no unnecessary waste in cutting. In any case, lay the pattern on so that the pieces come close together and the waste is as slight as possible. Be very careful that the lengthwise perforations of the pattern are upon the warp (lengthwise) thread of the goods. Stripes or figures must run exactly up and down in the finished garment.

6. Pin each piece of the pattern in several places, taking care that the curves and corners are flat on the goods.

7. Cut out the pieces, allowing for seams, if allowance has not been made for them in the pattern; otherwise cutting exactly around the edge. Use large shears, and cut with a long steady stroke, not a short, choppy one. Accurate cutting is the greatest help toward a good-looking garment. Cut all notches as indicated by the pattern, using small scissors and being careful not to cut them so deep that they will interfere with the seams. Mark perforations with chalk, pencil, or thread.

8. Unpin the paper pattern, and fold all pieces carefully, and place at once in envelope.

The calculations of the amount of material to buy in the case of garments are more elaborate. Most commercial patterns give a table stating the amount of material of different widths necessary for the garment. If the amount is not stated it must be estimated, taking into consideration both the measurements of the patterns and of the person who is to wear the garment.

For use in public demonstrations second year canning club members make an attractive dress (fig. 12). Pink or blue gingham or chambray



FIG. 12.—Summer uniform dress.

materials quickly fade, white uniforms may be more satisfactory for canning work. Unbleached cotton cloth is easily obtained anywhere in the South and makes a serviceable dress which launders well. Gray or tan dresses worn with a white apron and cap make a neat, good looking uniform for canning work.

The light-colored dress soils and stains easily in the garden among vines and dirt and is not suitable for garden. In some sections the regular gymnasium bloomer and middy blouse combination has been adopted as the gardening uniform (fig. 13). For comfort and economy European women engaged in agricultural work have adopted the overall for a gardening or field uniform.

For advanced club members the design of the dress was selected with the idea of securing an attractive and durable garment suitable for use during the winter months (fig. 14).

trimmed with white collar and cuffs made with V-neck, short sleeves, plain gored skirt for the older girls and a gathered skirt for the younger members is an appropriate design which is easily made by club members who have had the sewing instructions in making the cap and apron. This style has been chosen and used by the girls because it is a uniform dress, if well made, that will always be good style, neat in appearance, and easily laundered. Near the coast in some sections where colored

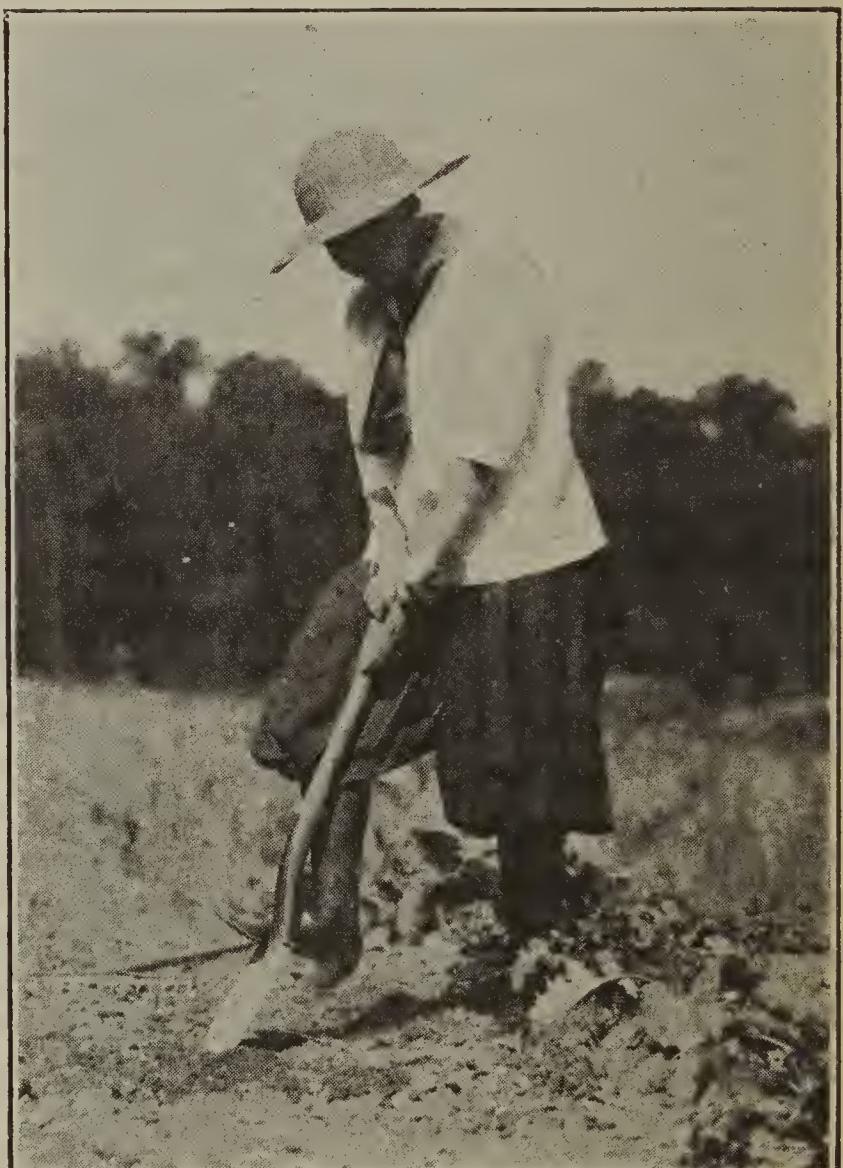


FIG. 13.—A comfortable and practical gardening uniform.

The style is one which will be good for a long time. It is neat and made on good lines for both large and small girls. It has a somewhat tailored effect, and usually the more it is worn the better it is liked. A material darker in color and heavier in weight is better for the dress than material used for the summer dress. A good quality of wool serge would perhaps be the most serviceable, but some of our cotton cloth in the South is more desirable, especially in the far southern territory, because it is lighter in weight, more easily secured at a reasonable price, and it will launder well. Cotton rep, gaberdine, and Hawaiian cloth are among the cotton materials which might be used. Dark blue is a very serviceable color and shades of brown might also be used. Dresses of either color are attractive when worn with tomato-red ties or laces. The 4-H emblem may be embroidered on a separate square and appliqued on to the left arm sleeve. There are commercial patterns very like the pattern suggested in the illustrations, the numbers of which your county agent will furnish to you, with the information as to where they can be purchased.

The embroidered luncheon sets consist of a square centerpiece 36 by 36 inches and six napkins 18 inches square. The edge may be finished with a plain hem and outlined with the outline stitch in colored floss on the outside, or it may be hemstitched or have the buttonhole stitch or a crochet and picot edge around the outside. Any of these are good looking and because they are flat launder well. The designs suggested are in cross-stitch—patterns which do not need to be transferred or stamped on the material. A piece of coarse scrim large enough to carry the selected design is sewed in place on the piece to be embroidered and the pattern worked out on it by squares. The suggested designs might be used by home demonstration club members interested in poultry work or fruit work. Other designs symbolic of garden club, canning club, or poultry club might be used. The combining of colors to match the color scheme of the pattern used is very important, and here we have an opportunity to put together harmonizing shades. Select a cloth of good texture which will not easily



FIG. 14.—Winter uniform dress.

stretch out of shape. Some of the following materials are suitable for making these sets: Linen crash, Indian head, cotton crepe, longcloth and basket weave or Novelty cotton cloth. Two and one-half yards Indian head or similar material, 2 spools of No. 70 cotton, and embroidery floss if desired, will be sufficient to make a 36-inch square centerpiece and six squares for napkins, 18 inches each. These sets are attractive for use when the girls serve dainties made from their products, such as fruit juices and sandwiches, to a club meeting, to their mothers or teachers. Their use may be most attractive on the porch or lawn.

Table runners with designs placed on each end are very good for use on either a round or square dining table when serving four persons. These runners are 18 inches wide and $2\frac{1}{2}$ yards long; the hems should measure 2 inches. Five yards of material, 2 spools white cotton thread No. 70, and embroidery floss if desired, will be sufficient. Four napkins, 18 or 20 inches square, will require an extra yard of material 36 inches wide.

The following is a suggested four-year program of work for canning club girls:

1st year.—Canning club members will make:

Gardening set.

Cup towel and holder.

Apron and cap.

2nd year club members.—

Apron and cap.

Apron and cap emblems.

Summer uniform dress.

3d year club members.—

Cap and apron emblems.

Summer uniform dress.

Luncheon set—centerpiece and six napkins for porch or lawn serving.

with designs symbolic for club work.

4th year club members.—

Cap and apron with emblems.

Winter uniform dress.

Sewing screen.

Pair of table runners with four napkins.